

Homework 3

E 100a/100b – Introduction to Engineering
Due in Class, Week 4

1. Read Chapter in text called “Personal Growth and Development” and also “Keys to Success...”, also around pages 25-26 on “60-Hour Rule” (optional).

Personality tests are a great way of helping you to understand yourself. This can be important to helping you be happier and more successful. One famous personality test is the Myers-Briggs Type indicator. This is discussed in the text. Below you are asked to do the online Myers-Briggs tests.

2. Go to “<http://www.humanmetrics.com/cgi-win/JTypes2.asp>” and take the quiz.
 - a) What type were you? (eg, ENJF)
 - b) Does the site’s description of your “type” agree with your own assessment of yourself?
3. Go to “personalitytype.com” and enter the type on the site (give them fake personal info if it asks for it). It gives a list of general career fields that MAY be good for your type. Write out 3 or 4.
4. A Weekly Schedule – Make a generic schedule that describes your week. A schedule may help make your career pursuits more successful. Note – keep your labels generic like “sleep”, “work”, “commute”, “school”, etc. (I don’t want to know the details of your personal life). This schedule is to benefit YOU.
 - a) The top row should be for the days of the week – Sunday through Saturday.
 - b) The left-most column is for the time of day. Make the first row “6-7 am”. Make the next row “7-8 am”. Continue until bed time. Bed time to morning can be 1 row.
 - c) Fill in the table. Include sleep times, class times, work times, & commute times.
 - d) Fill in study hours (~2-3 hours per 1 lecture hour, or 6-9 hr study time / 3-unit class).
 - e) Look at your schedule & add up the hours – have you violated the “60 hour rule”?